



Looking after your wellbeing

Some ideas to support your wellbeing if you are self-isolating, in lockdown or just working from home:

1. Get up and go to bed at normal times as much as possible to keep in a routine.
2. Get dressed – don't spend the day in pyjamas.
3. Make a time to finish any work you are doing and put it away at that time (or close the door on it).
4. Try and only check the news a couple of times a day – once in the morning and in the evening; checking it from reputable, trustworthy sources, e.g. BBC.
5. Create a timetable for your days – involving children if applicable; ensure it includes time for breaks, food, exercise, fun, distraction, contacting friends, colleagues and family.
6. Set three achievable targets for the day, with rewards if you achieve them.
7. At the end of the day try to think of a few things you are grateful for – this may be difficult some days but has been shown to help wellbeing immensely.
8. Think about how everyone in the house can all have 'space' and some privacy.
9. Talk to people – friends, colleagues – use Facetime, Skype, What'sApp groups; reach out to people – if you are feeling alone there will be others feeling like that too. Be honest with people about how you are feeling; ask for help if you need it.
10. Be very aware of social media – Facebook, Twitter, Instagram – and the impact it is having on you using it; limit your time on it (timetable it in to the day) and think is it adding any value to you?
11. Eat well and regularly to keep your blood sugar levels stable.
12. Stay hydrated.
13. Remember to keep taking any medications – set alarms if being out of routine might make you forget; you want to stay physically well if you can.
14. Exercise – whilst you can, go out and walk or run. There are virtual classes available on apps (Les Mills exercise group do one); Youtube have Yoga and meditation videos and there will no doubt be an avalanche of online classes. Dance around the house singing your favourite songs! Singing is also good for you!
15. Get as much sunlight and natural air as possible. Positively, the weather is set to improve! Open the windows, go out in the garden, sit in the sun as it streams through a window, grow plants, look at photos of your favourite nature places.
16. Take up a hobby.
17. Be creative – cook new dishes, get a colouring book for adults, write a letter.
18. Look for problems, challenges, quizzes to do; get the games out.
19. Set yourself projects – learn a new instrument, paint a room, sort through your wardrobe, empty your email inbox, garden, organise photos, watch that box set – those jobs you mean to do one day; timeline the projects.
20. Work at what you can control and try to not worry about what you can't control. List it if it helps. Acknowledge what is out of your control and try and let it go. There will be a lot over the next few weeks we have to accept it.
21. Help others when you are able – you could read a child a book over Skype/Facetime (give the parents a break), play charades over the computer.
22. BE KIND to both those around you and yourself.

(continued overleaf...)



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Are you ready for self isolation?

1. Do you have enough food? Do you have a way of getting food delivered? Who will you call on to buy food for you? If you are not sure speak to us and we will make sure there is someone available.
2. Do you have some cash in the house? If you are going to ask people to get something for you have you got the cash to give them the money back if needed?
3. Do you have enough medication for repeat prescriptions?
4. Have you got up to date phone numbers of anyone you would want to talk to?
5. Have you got things for entertainment or projects? Books, magazines, DVDs, jigsaw puzzles, paint, face packs, nail varnishes, colouring books, colouring pencils, exercise equipment (tinned food makes good weights), gardening equipment.
6. Do you have things to treat yourself to? Food, a drink, candles, things for a home spa.

Please remember no one is alone in this – whilst we will mostly be apart we can support each other. If you need help, call. If you need an ear, call someone. If you need to shout, cry or laugh, phone someone.

Keep in contact and look after yourselves and each other.